

CAFÉ ROUGE ALLERGY MENU

APRIL 2021

Version: 2 Issued 05-05-2021

Please inform your server before ordering, of any specific dietary requirements that you may have. All our dishes are prepared and cooked in kitchens where allergen ingredients (e.g. nuts, flour, etc.) are commonly used, and we therefore cannot guarantee our dishes will be free from traces of these products. Allergen information will be kept up to date and should be checked each time you visit, as we may update recipes from time to time.

WELCOME TO THE CAFÉ ROUGE ALLERGY MENU! AS WE REOPEN, WE HAVE HAD TO MAKE ADJUSTMENTS TO THE MENUS AT SOME OF OUR SITES. IF YOU ARE VISITING OUR PORTSMOUTH, BOURNEMOUTH, WELLINGTON STREET, ST PAUL'S OR GREENWICH RESTAURANTS, PLEASE CONSULT THE RED MENU, IF YOU ARE VISITING ANY OF OUR OTHER RESTAURANTS, PLEASE CONSULT THE BLUE MENU FURTHER ON. IF IN DOUBT - PLEASE ASK A MEMBER OF STAFF TO CONFIRM. BON APPETIT!

IMPORTANT!

BREAKFAST MENU														
BREAKFAST	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
THE ROUGE BREAKFAST NO EGG	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	yes	no	no
ROUGE VEGETARIAN NO EGG	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	no	no	no
GF ROUGE VEGETARIAN NO EGG	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
ROUGE VEGAN BREAKFAST	yes - Wheat, Rye, Barley	no	may	no	no	may	may	may	no	no	may	no	no	no
GRANDE BREAKFAST NO EGG	yes - Wheat, Rye, Barley, Oats	no	may	no	no	may	yes	may	no	no	may	yes	no	no
FRIED EGG X2	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
FRIED EGGS X3	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
POACHED EGG X2	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
POACHED EGGS X3	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
SCRAM EGG X2	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
SCRAMBLED EGGS X3	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
PANCAKE NO TOPPING	yes - Wheat	no	may	no	no	no	may	no	no	no	no	no	no	no
PANCAKE BACON TOPPING	no	no	no	no	no	no	no	no	no	no	no	no	no	no
PANCAKE FRUIT TOPPING	no	no	no	no	no	no	no	no	no	no	no	no	no	no
SMASHED AVOCADO NO TOPPING	yes - Wheat, Rye, Barley	no	may	no	no	may	may	may	no	no	may	no	no	no
GF SMASHED AVOCADO NO TOPPING	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
EGGS YW NO SIDE	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	no	no	no
GF EGGS YW NO SIDE	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
EGGS BENEDICT NO TOPPING	yes - Wheat, Rye, Barley	no	yes	no	no	yes	yes	no	no	no	may	yes	no	no
BRUNCH														
BRUNCH	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
TRUFFLE STEAK AND EGG	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
OMELETTE NO SIDE	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
CROQUE MADAME NO SIDE	yes - Wheat, Rye, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
CROQUE MONSIEUR NO SIDE	yes - Wheat, Rye, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
EXTRAS														
EXTRAS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
FRIED EGG X2	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
FRIED EGGS X3	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
POACHED EGG X2	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
POACHED EGGS X3	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
SCRAM EGG X2	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
SCRAMBLED EGGS X3	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
BFAST BACON	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BFAST BEANS	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BFAST BLACK PUDDING	yes - Wheat, Oats	no	no	no	no	no	no	no	no	no	no	no	no	no
BFAST HAM	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BFAST HASH BROWN	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BFAST HEIRLOOM TOM	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BFAST SAUSAGE	yes - Wheat	no	no	no	no	no	no	no	no	no	no	yes	no	no
BFAST SMASHED AVOCADO	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BFAST SMOKED SALMON	no	no	no	yes	no	no	no	no	no	no	no	no	no	no
BFAST SPINACH	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
BFAST TOAST	yes - Wheat, Barley, Rye	no	may	no	no	may	yes	may	no	no	may	no	no	no
BFAST TOAST GF	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no

KIDS BREAKFAST	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
KIDS BREAKFAST NO EGG	yes - Wheat, Barley, Rye	no	may	no	no	may	yes	may	no	no	may	yes	no	no
KIDS VEGGIE BREAKFAST NO EGG	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	no	no	no
KIDS GF VEGGIE BREAKFAST NO EGG	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
FRIED EGG X2	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
POACHED EGG X2	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
SCRAM EGG X2	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
KIDS BFAST ROLL BACON	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS BFAST ROLL NO FILLING	yes - Wheat	no	no	no	no	no	yes	no	no	no	may	no	no	no
KIDS BFAST ROLL SAUSAGE	yes - Wheat	no	no	no	no	no	no	no	no	no	no	yes	no	no
KIDS GF BFAST ROLL	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
KIDS FRUIT PANCAKE	yes - Wheat	no	may	no	no	no	may	no	no	no	no	no	no	no

A LA CARTE MENU														
STARTERS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
OLIVES	no	no	no	no	no	no	no	no	no	no	no	no	no	no
GARLIC BAGUETTE	yes - Wheat	no	no	no	no	may	yes	may	no	no	may	no	no	no
BAGUETTE	yes - Wheat	no	no	no	no	may	yes	may	no	no	may	no	no	no
GF BREAD	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
KING PRAWNS	yes - Wheat	yes	no	no	no	may	yes	may	no	no	may	no	no	no
GF KING PRAWNS	no	yes	yes	no	no	no	yes	no	no	no	no	no	no	no
FRENCH ONION SOUP	yes - Wheat	no	may	yes	no	may	yes	may	may	may	may	may	no	no
GF FRENCH ONION SOUP	may	no	yes	no	no	may	yes	no	may	may	no	may	no	no
CALAMARI	yes - Wheat	no	yes	no	no	no	yes	no	no	yes	no	no	no	yes
GARLIC MUSHROOMS	yes - Wheat, Rye, Barley	no	may	no	may	may	yes	may	no	no	may	no	no	no
GF GARLIC MUSHROOMS	no	no	yes	no	may	no	yes	may	no	no	may	no	no	no
RACLETTE	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no
PATE	yes - Wheat	no	yes	no	no	may	yes	may	no	no	may	yes	no	no
GF PATE	no	no	yes	no	no	no	yes	no	no	no	no	yes	no	no
BUFFALO MOZZARELLA	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
SOMETHING LIGHTER	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
FRESH FRUIT SALAD	no	no	no	no	no	no	no	no	no	no	no	no	no	no
ALMOND CROISSANT	yes - Wheat	no	yes	no	no	no	yes	yes - Almonds	no	no	may	no	no	no
CROISSANT	yes - Wheat	no	yes	no	no	may	yes	no	no	no	no	no	no	no
PAIN AU CHOCOLAT	yes - Wheat	no	yes	no	no	yes	yes	no	no	no	no	no	no	no
PAIN AU RAISIN	yes - Wheat	no	yes	no	no	may	yes	may	no	no	may	no	no	no
VEGAN CROISSANT	yes - Wheat, Spelt	no	may	no	no	may	may	may	no	no	may	no	no	no
MAINS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BLACK ANGUS BURGER NO SIDE	yes - Wheat	no	yes	no	no	yes	yes	no	no	yes	may	yes	no	no
GF BLACK ANGUS BURGER NO SIDE	no	no	yes	no	no	no	yes	no	no	yes	no	yes	no	no
BEEF BOURGUIGNON BURGER NO SIDE	yes - Wheat	no	yes	no	no	yes	yes	no	yes	yes	may	yes	no	no
GF BEEF BOURGUIGNON BURGER NO SIDE	no	no	yes	no	no	yes	yes	no	yes	yes	no	yes	no	no
VEGAN BURGER NO SIDE	yes - Wheat	no	may	no	no	yes	may	may	no	no	may	no	no	no
MOULES MARNIERE	yes - Wheat	no	no	no	no	may	yes	may	no	no	may	yes	no	yes
GF MOULES MARNIERE	no	no	yes	no	no	no	yes	no	no	no	no	yes	no	yes
BEEF BOURGUIGNON	may	no	may	no	no	no	yes	no	may	may	no	yes	no	no
POULET BRETON	may	no	yes	no	no	may	yes	no	yes	may	no	yes	no	no
DUCK CONFIT CHERRY	yes - Spelt (wheat)	no	no	no	no	no	yes	no	no	no	no	no	no	no
SEABASS	no	no	yes	yes	no	yes	yes	no	no	no	no	no	no	no
LOBSTER	no	yes	no	no	no	no	yes	no	no	no	no	no	no	no
FILLET DE BOEUF	no	no	no	no	no	no	no	no	no	no	no	no	no	no
STEAK FRITES	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
EXTRA BEARNAISE SAUCE	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
EXTRA PEPPERCORN SAUCE	yes - Wheat, Barley, Rye	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
AUBERGINE GRATINEE	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
GF AUBERGINE GRATINEE	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
VE AUBERGINE GRATINEE	yes - Wheat	no	no	no	no	no	no	no	no	no	no	no	no	no
VE GF AUBERGINE GRATINEE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
MACARONI CHEESE	yes - Wheat	no	may	no	no	may	yes	may	no	yes	may	no	no	no
SANDWICHES & LIGHTER BITES	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CROQUE MADAME NO SIDE	yes - Wheat, Rye, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
CROQUE MONSIEUR NO SIDE	yes - Wheat, Rye, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
STEAK BAGUETTE NO SIDE	yes - Wheat	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
CHICKEN BAGUETTE NO SIDE	yes - Wheat	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
ROUGE SALAD BASE	no	no	no	no	no	no	no	no	no	yes	no	yes	no	no
OMELETTE NO SIDE	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
FISHCAKE NO SIDE	yes - Wheat	no	yes	yes	no	no	yes	no	no	yes	no	yes	no	no
CAESAR SALAD	yes - Wheat, Rye, Barley	no	yes	yes	no	may	yes	may	no	no	may	no	no	no

GF CAESAR SALAD	no	no	yes	yes	no	no	yes	no	no	no	no	no	no	no
CHICKEN CAESAR SALAD	yes - Wheat, Rye, Barley	no	yes	yes	no	may	yes	may	no	no	may	no	no	no
GF CHICKEN CAESAR SALAD	no	no	yes	yes	no	no	yes	no	no	no	no	no	no	no
EXTRA CHEESE	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
EXTRA HAM	no	no	no	no	no	no	no	no	no	no	no	no	no	no
EXTRA MUSHROOM	no	no	no	no	no	no	no	no	no	no	no	no	no	no
TUNA NICOISE	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no
SIDES	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
SIDE SALAD	no	no	no	no	no	no	no	no	no	yes	no	yes	no	no
FRITES	no	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
CHEESY ALIGOT MASHED POTATO	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
MACARONI CHEESE	yes - Wheat	no	may	no	no	no	yes	no	no	yes	no	no	no	no
SWEET POTATO FRITES	no	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
TENDERSTEM BROCCOLI	no	no	no	no	no	no	no	no	no	no	no	no	no	no
DESSERTS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CHOC FONDANT	yes - Wheat	no	yes	no	may	yes	yes	yes - Pistacchio	no	no	no	no	no	no
CREME BRULEE	no	no	yes	no	no	yes	yes	no	no	no	no	no	no	no
1 SCOOP DOUBLE CHOC £1	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no
1 SCOOP LEMON SORBET £1	no	no	no	no	no	no	no	no	no	no	no	no	no	no
1 SCOOP MANGO SORBET £1	no	no	no	no	no	no	no	no	no	no	no	no	no	no
1 SCOOP SALTED CARAMEL £1	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
1 SCOOP STRAWBERRY £1	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
1 SCOOP VANILLA £1	no	no	yes	no	no	no	yes	may	no	no	no	no	no	no
1 SCOOP VEGAN ICE CREAM £1	no	no	no	no	no	yes	no	no	no	no	no	no	no	no
CHOCOLATE SHIMMER TART	yes - Wheat	no	yes	no	may	yes	yes	may	no	no	may	may	no	no
CREME BRULEE TART	yes - Wheat	no	yes	no	may	yes	yes	may	no	no	may	may	no	no
ECLAIR FRAMBOISE	yes - Wheat	no	yes	no	may	yes	yes	may	no	no	may	may	no	no
JAFFA ORANGE DELICE	yes - Wheat	no	yes	no	may	yes	yes	may	no	no	may	may	no	no
TARTE AU CITRON	yes - Wheat	no	yes	no	may	yes	yes	may	no	no	may	may	no	no
AFTERNOON TEAS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
Afternoon Tea	yes - Wheat	no	yes	no	no	no	yes	may	no	yes	may	yes	no	no
Vegetarian Afternoon Tea	yes - Wheat	no	yes	no	no	no	yes	may	no	yes	may	no	no	no

KIDS MENU														
GRANDE MENU	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BIG KID CRUDITE	yes - Wheat	no	no	no	no	may	may	may	no	no	may	no	no	no
BIG KID GARLIC BREAD	yes - Wheat	no	no	no	no	may	yes	may	no	no	may	no	no	no
BIG KID BURGER	yes - Wheat	no	yes	no	no	no	yes	no	no	yes	may	no	no	no
BIG KID CHICK CRUNCHIE	yes - Wheat	no	yes	no	no	no	yes	no	yes	yes	no	no	no	no
BIG KID CHICKEN CAESAR SALAD	yes - Wheat, Rye, Barley	no	yes	no	no	may	yes	may	no	no	may	no	no	no
BIG KID FISH GOUJONS	yes - Wheat	no	yes	yes	no	no	yes	no	no	yes	no	no	no	no
BIG KID GF CHICKEN CAESAR SALAD	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
BIG KID MAC & CHEESE	yes - Wheat, Barley	no	may	no	no	no	yes	may	no	yes	may	no	no	no
BIG KID MAC & TOMATO	yes - Wheat	no	may	no	no	no	no	no	no	no	no	no	no	no
PETIT MENU	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
SML KID CRUDITE	yes - Wheat	no	no	no	no	may	may	may	no	no	may	no	no	no
SML GF KID CRUDITE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
SML KID CHICK CRUNCHIE	yes - Wheat	no	yes	no	no	no	yes	no	yes	yes	no	no	no	no
SML KID FISH GOUJONS	yes - Wheat	no	yes	yes	no	no	yes	no	no	yes	no	no	no	no
SML KID MAC & CHEESE	yes - Wheat, Barley	no	may	no	no	no	yes	may	no	yes	may	no	no	no
SML KID MAC & TOMATO	yes - Wheat	no	may	no	no	no	no	no	no	no	no	no	no	no
SML KID SAUSAGES AND MASH	yes - Wheat	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
DESSERTS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
KIDS I/C CHOCOLATE	no	no	no	no	no	yes	yes	no	no	no	no	no	no	no
KIDS I/C STRAWBERRY	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
KIDS I/C VANILLA	no	no	yes	no	no	no	yes	may	no	no	no	no	no	no
KIDS CHILLY BILLY	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS CHOC BROWNIE ICE CREAM	no	no	yes	no	no	yes	yes	may	no	no	no	no	no	no

BREAKFAST MENU														
BREAKFAST	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
ROUGE BREAKFAST (NO EGG)	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	yes	no	no
ROUGE VEGETARIAN (NO EGG)	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	no	no	no
GF ROUGE VEGETARIAN (NO EGG)	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
ROUGE VEGAN BREAKFAST	yes - Wheat, Rye, Barley	no	may	no	no	may	may	may	no	no	may	no	no	no
GRANDE BREAKFAST (NO EGG)	yes - Wheat, Rye, Barley, Oats	no	may	no	no	may	yes	may	no	no	may	yes	no	no
FRIED EGGS	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
POACHED EGGS	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
SCRAMBLED EGGS	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
PANCAKE (NO TOPPING) with...	yes - Wheat	no	may	no	no	no	may	no	no	no	no	no	no	no
...PANCAKE BACON TOPPING	no	no	no	no	no	no	no	no	no	no	no	no	no	no
...PANCAKE FRUIT TOPPING	no	no	no	no	no	no	no	no	no	no	no	no	no	no
FRITTERS BACON & EGGS	yes - Wheat	no	yes	no	no	no	no	may	no	no	no	no	no	no
SMASHED AVOCADO (NO TOPPING)	yes - Wheat, Rye, Barley	no	may	no	no	may	may	may	no	no	may	no	no	no
GF SMASHED AVOCADO (NO TOPPING)	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
EGGS YOUR WAY (NO SIDE)	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	no	no	no
GF EGGS YOUR WAY (NO SIDE)	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
EGGS BENEDICT (NO TOPPING)	yes - Wheat	no	yes	no	no	yes	yes	no	no	no	may	yes	no	no
SPINACH BENEDICT	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
BRUNCH	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
TRUFFLE STEAK AND EGG...	no	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
... with FRIES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
TRUFFLE STEAK AND EGG with SALAD	no	no	yes	no	no	no	no	no	no	yes	no	no	no	no
CROQUE MADAME (NO SIDE)	yes - Wheat, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
CROQUE MADEMOISELLE (NO SIDE)	yes - Wheat, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
CROQUE MONSIEUR (NO SIDE)	yes - Wheat, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
EXTRAS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BACON	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BEANS	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BLACK PUDDING	yes - Wheat, Oats	no	no	no	no	no	no	no	no	no	no	no	no	no
HAM	no	no	no	no	no	no	no	no	no	no	no	no	no	no
HASH BROWN	yes - deep fat fryer	no	no	no	no	no	no	no	no	no	no	no	no	no
HEIRLOOM TOMATO	no	no	no	no	no	no	no	no	no	no	no	no	no	no
SAUSAGE	yes - Wheat	no	no	no	no	no	no	no	no	no	no	yes	no	no
SMASHED AVOCADO	no	no	no	no	no	no	no	no	no	no	no	no	no	no
FRIED EGG X2	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
POACHED EGG X2	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
SCRAMBLED EGG X2	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
SPINACH	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
EXTRA CHEESE	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
EXTRA HAM	no	no	no	no	no	no	no	no	no	no	no	no	no	no
EXTRA MUSHROOM	no	no	no	no	no	no	no	no	no	no	no	no	no	no
EXTRA SALMON	no	no	no	yes	no	no	no	no	no	no	no	no	no	no
EXTRA TOMATO	no	no	no	no	no	no	no	no	no	no	no	no	no	no
SPINACH	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
TOAST	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	no	no	no
TOAST GF	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no

KIDS BREAKFAST	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
KIDS BREAKFAST ROLL NO FILLING ...	yes - Wheat	no	no	no	no	no	yes	no	no	no	may	no	no	no
KIDS GF BREAKFAST ROLL NO FILLING...	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
... WITH BACON	no	no	no	no	no	no	no	no	no	no	no	no	no	no
... WITH SAUSAGE	yes - Wheat	no	no	no	no	no	no	no	no	no	no	yes	no	no
KIDS FRUIT SALAD	no	no	no	no	no	no	no	no	no	no	no	no	no	no
KIDS BREAKFAST (NO EGG)	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	yes	no	no
KIDS VEGETARIAN BREAKFAST (NO EGG)	yes - Wheat, Rye, Barley	no	may	no	no	may	yes	may	no	no	may	no	no	no
KIDS GF VEGETARIAN BREAKFAST (NO EGG)	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
FRIED EGGS	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
POACHED EGGS	no	no	yes	no	no	no	no	no	no	no	no	yes	no	no
SCRAMBLED EGGS	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
SOMETHING LIGHTER	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
FRESH FRUIT SALAD	no	no	no	no	no	no	no	no	no	no	no	no	no	no
PAIN AU CHOCOLAT	yes - Wheat	no	yes	no	no	yes	yes	no	no	no	no	no	no	no
ALMOND CROISSANT	yes - Wheat	no	yes	no	no	no	yes	yes - Almonds	no	no	may	no	no	no
CROISSANT	yes - Wheat	no	yes	no	no	may	yes	no	no	no	no	no	no	no
PAIN AU RAISIN	yes - Wheat	no	yes	no	no	may	yes	may	no	no	may	no	no	no

A LA CARTE MENU														
STARTERS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
OLIVES FOH	no	no	no	no	no	no	no	no	no	no	no	no	no	no
FLATBREAD GARLIC	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
CHAMPIGNON A L'AIL	yes - Wheat, Rye	no	may	no	may	may	yes	may	no	no	may	no	no	no
GF CHAMPIGNON A L'AIL	no	no	yes	no	may	no	yes	may	no	no	may	no	no	no
FRENCH ONION SOUP	yes - Wheat	no	may	no	no	may	yes	no	may	may	no	may	no	no
GF FRENCH ONION SOUP	may	no	yes	no	no	may	yes	no	may	may	no	may	no	no
KING PRAWNS	yes - Wheat	yes	no	no	no	may	yes	no	no	no	no	no	no	no
GF KING PRAWNS	no	yes	yes	no	no	no	yes	no	no	no	no	no	no	no
PATE MAISON	yes - Wheat, Rye	no	yes	no	no	may	yes	may	no	no	may	yes	no	no
GF PATE MAISON	no	no	yes	no	no	no	yes	no	no	no	no	yes	no	no
ROASTED CARROT TATIN	yes - Wheat	no	no	no	may	no	no	may	no	yes	no	no	no	no
SANDWICHES & LIGHTER BITES	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BAGUETTE CAMEMBERT ONLY ...	yes - Wheat	no	no	no	no	may	yes	no	no	no	no	yes	no	no
BAGUETTE POULET ONLY ...	yes - Wheat	no	yes	no	no	may	yes	no	no	yes	no	no	no	no
BAGUETTE STEAK ONLY ...	yes - Wheat	no	yes	no	no	may	yes	no	no	yes	no	yes	no	no
OMELETTE NO SIDE ...	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
CROQUE MADAME NO SIDE ...	yes - Wheat, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
CROQUE MADEMOISELLE NO SIDE ...	yes - Wheat, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
CROQUE MONSIEUR NO SIDE ...	yes - Wheat, Barley	no	yes	no	no	may	yes	may	no	yes	may	no	no	no
...SWEET POTATO FRIES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
...POMMES FRITES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
...SWEET POTATO FRIES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
...HOUSE SALAD	no	no	no	no	no	no	no	no	no	yes	no	no	no	no
BREADED CAMEMBERT	yes - Wheat	no	no	no	no	yes	yes	may	no	no	no	no	no	no
CAESAR SALAD	yes - Wheat, Rye	no	yes	yes	no	may	yes	may	no	no	may	no	no	no
GF CAESAR SALAD	no	no	yes	yes	no	no	yes	no	no	no	no	no	no	no
CAESAR SALAD CHICKEN	yes - Wheat, Rye	no	yes	yes	no	may	yes	may	no	no	may	no	no	no
GF CHICK CAESAR SALAD	no	no	yes	yes	no	no	yes	no	no	no	no	no	no	no
FISHCAKE	yes - Wheat	no	yes	yes	no	no	yes	no	no	yes	no	no	no	no
NICOISE SALAD	no	no	yes	yes	no	no	no	no	no	no	no	no	no	no
MAINS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
BOURGUIGNON BURGER BASE...	yes - Wheat	no	yes	no	no	yes	yes	no	yes	yes	may	yes	no	no
ROUGE BURGER BASE...	yes - Wheat	no	yes	no	no	yes	yes	no	no	yes	may	yes	no	no
CHICKEN BURGER BASE...	yes - Wheat	no	may	no	no	yes	may	may	no	yes	may	no	no	no
CHICKPEA BURGER BASE...	yes - Wheat	no	may	no	may	yes	may	may	no	yes	yes	yes	no	no
GF BOURGUIGNON BURGER BASE...	may	no	yes	no	no	yes	yes	no	yes	yes	no	yes	no	no
GF CHICKEN BURGER BASE...	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
GF ROUGE BURGER BASE...	no	no	yes	no	no	no	yes	no	no	yes	no	yes	no	no
OUMPH VEGAN BURGER BASE...	yes - Wheat	no	may	no	no	yes	may	may	no	yes	may	no	no	no
BURGER EXTRA BACON	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BURGER EXTRA BLUE CHEESE	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
BURGER EXTRA CAMEMBERT	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
BURGER EXTRA FRIED EGG	no	no	yes	no	no	no	no	no	no	no	no	no	no	no
BURGER EXTRA MAYO	no	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
BURGER EXTRA RED ONION CHUTNEY	no	no	no	no	no	no	no	no	no	no	no	yes	no	no
BURGER EXTRA SMASHED AVOCADO	no	no	no	no	no	no	no	no	no	no	no	no	no	no
BURGER EXTRA SRIRACHA MAYO	no	no	yes	no	no	no	yes	no	no	yes	yes	no	no	no
DEMI POULET NO SIDE ...	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
MOULES NO SIDE...	no	no	no	no	no	no	yes	no	yes	no	no	yes	no	yes
SIRLOIN STEAK ONLY	no	no	no	no	no	no	no	no	no	no	no	no	no	no
MINUTE STEAK ONLY	no	no	no	no	no	no	no	no	no	no	no	no	no	no
EXTRA GARLIC BUTTER	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
EXTRA BEARNAISE SAUCE	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
EXTRA PEPPERCORN SAUCE	yes - Wheat, Barley	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
...SWEET POTATO FRIES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
...POMMES FRITES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
...SWEET POTATO FRIES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no

...HOUSE SALAD	no	no	no	no	no	no	no	no	no	yes	no	no	no	no
BEEF BOURGUIGNON	may	no	may	no	no	no	yes	no	may	may	no	yes	no	no
MUSHROOM RISOTTO	no	no	no	no	no	no	yes	no	no	yes	no	yes	no	no
POISSON ET FRITES	yes - Wheat	no	yes	yes	no	yes	no	no	no	yes	no	no	no	no
POULET BRETON	may	no	yes	no	no	may	yes	no	yes	may	no	yes	no	no
SALMON	yes - Spelt (Wheat)	no	yes	yes	no	no	yes	no	no	no	no	no	no	no
DUCK CONFIT with...	yes - Spelt (Wheat)	no	no	no	no	no	yes	no	no	no	no	no	no	no
...CHERRY SAUCE	may	no	no	no	no	no	may	no	no	no	no	no	no	no
...ORANGE SAUCE	may	no	may	no	no	may	may	no	yes	may	no	may	no	no
WHITEBAIT	yes - Wheat	may	yes	yes	no	no	yes	no	no	yes	no	no	no	may
SIDES	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
SIDE ALIGOT	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
SIDE BAG & BUTTER	yes - Wheat	no	no	no	no	may	yes	no	no	no	no	no	no	no
GF SIDE BREAD	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no
SIDE FRENCH BEANS	no	no	no	no	no	no	yes	no	no	no	no	no	no	no
SIDE FROMAGE FRITES	yes - Wheat	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
SIDE HALLOUMI FRIES	yes - Wheat	no	yes	no	no	no	yes	no	no	yes	yes	no	no	no
SIDE HOUSE SALAD	no	no	no	no	no	no	no	no	no	yes	no	no	no	no
SWEET POTATO FRIES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
POMMES FRITES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
SWEET POTATO FRIES	yes - deep fat fryer	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
AFTERNOON TEAS	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
AFTERNOON TEA for 1	yes - Wheat	no	yes	no	no	yes	yes	may	no	yes	may	yes	no	no
AFTERNOON TEA for 2	yes - Wheat	no	yes	no	no	yes	yes	may	no	yes	may	yes	no	no
AFTERNOON TEA VEG for 1	yes - Wheat	no	yes	no	no	yes	yes	may	no	yes	may	no	no	no
AFTERNOON TEA VEG for 2	yes - Wheat	no	yes	no	no	yes	yes	may	no	yes	may	no	no	no
GF AFTERNOON TEA	may	no	yes	no	may	yes	yes	may	no	yes	no	yes	no	no
DESSERT	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CHOC FONDANT	yes - Wheat	no	yes	no	no	yes	yes	may	no	no	no	no	no	no
CHOC MOUSSE	may	no	may	no	no	yes	yes	may	no	no	no	no	no	no
CREME BRULEE	no	no	yes	no	no	yes	yes	no	no	no	no	no	no	no
TARTE AU CITRON	may	no	yes	no	may	may	yes	may	no	no	no	yes	no	no
1 SCOOP DOUBLE CHOC	no	no	may	no	may	yes	yes	may	no	no	no	no	no	no
1 SCOOP LEMON SORBET	no	no	may	no	may	may	may	may	no	no	no	no	no	no
1 SCOOP MANGO SORBET	no	no	may	no	may	may	may	may	no	no	no	no	no	no
1 SCOOP SALTED CARAMEL	no	no	may	no	may	may	yes	may	no	no	no	no	no	no
1 SCOOP STRAWBERRY	no	no	may	no	may	may	yes	may	no	no	no	no	no	no
1 SCOOP VANILLA	no	no	yes	no	may	may	yes	may	no	no	no	no	no	no
KIDS														
PETIT MENU	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CRUDITE	yes - Wheat	no	no	no	no	may	may	no	no	no	no	no	no	no
GF CRUDITE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
CHICKEN CRUNCHIE	yes - Wheat, Barley	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
FISH GOUJONS	yes - Wheat	no	yes	yes	no	no	yes	no	no	yes	no	no	no	no
BANGERS AND MASH	yes - Wheat	no	no	no	no	no	yes	no	yes	no	no	yes	no	no
MAC & CHEESE	yes - Wheat, Barley	no	no	no	no	no	yes	may	no	yes	may	no	no	no
MAC & TOMATO	yes - Wheat	no	no	no	no	no	no	no	no	no	no	no	no	no
GRANDE MENU	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CRUDITE	yes - Wheat	no	no	no	no	may	may	no	no	no	no	no	no	no
GF CRUDITE	no	no	no	no	no	no	no	no	no	no	no	no	no	no
GARLIC BREAD	yes - Wheat	no	no	no	no	no	yes	no	no	no	no	no	no	no
BURGER	yes - Wheat	no	yes	no	no	no	yes	no	no	yes	may	no	no	no
CHICKEN CRUNCHIES	yes - Wheat, Barley	no	yes	no	no	no	yes	no	no	yes	no	no	no	no
CHICKEN CAESAR SALAD	yes - Wheat, Rye	no	yes	no	no	may	yes	may	no	no	may	no	no	no
GF CHICKEN CAESAR SALAD	no	no	yes	no	no	no	yes	no	no	no	no	no	no	no

FISH GOUJONS	yes - Wheat	no	yes	yes	no	no	yes	no	no	yes	no	no	no	no
MAC & CHEESE	yes - Wheat, Barley	no	no	no	no	no	yes	may	no	yes	may	no	no	no
MAC & TOMATO	yes - Wheat	no	no	no	no	no	no	no	no	no	no	no	no	no
DESSERT	Cereals containing Gluten :	Crustaceans	Eggs	Fish	Peanuts	Soybeans	Milk	Tree Nuts :	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
CHILLY BILLY ICE LOLLY	no	no	no	no	no	no	no	no	no	no	no	no	no	no
CHOCOLATE BROWNIE & ICE CREAM	no	no	yes	no	may	yes	yes	may	no	no	no	no	no	no
FRUIT PANCAKE	yes - Wheat	no	may	no	no	no	may	no	no	no	no	no	no	no
I/C CHOCOLATE	no	no	may	no	may	may	yes	yes	may	no	no	no	no	no
I/C STRAWBERRY	no	no	may	no	may	may	yes	yes	may	no	no	no	no	no
I/C VANILLA	no	no	yes	no	may	may	yes	yes	may	no	no	no	no	no